

Guelph Human Services Justice Coordination Committee
Meeting Minutes
Thursday, June 19, 2014
160 Clair Rd. W, Guelph

Present: Sharon Deally-Grzybowski (Chair/recorder), Cheryl Skiving-Mills, Raffi Silver, Christina Gilroy Sarah Haslett, Julianna Murphy, Jan Wyman, Sarah Heaslip, Sarah Nelson,

Regrets: Cheri Bilitz, Marylou Schwindt,

Absent: Paul Wood, Rhonda Frank, Elizabeth Renfrew, Heather Kerr

Guests:

- Ann Bonfigli - Bartmaeus
- Elaine Weir - Bridges
- Linda Bender – CMHA WWD

1. Welcome and introductions – All

A round of introductions was done. This was Julianna's last meeting; she requested that she continue to receive meeting minutes. The agenda for June 19th was accepted as presented by consensus. The meeting minutes of March 21, 2014 were accepted as presented by consensus.

2. Brief presentation on Bartmaeus Inc. – Cheryl Skiving-Mills

Bartmaeus is a for fee for service agency which provides specialized services, supporting agencies, organizations and institutions, that work with children, adolescents, adults and seniors who are experiencing behavioural, social, emotional and psychiatric difficulties. Sometimes they receive calls from individual families. The agency operates 24/7 and has over 500 associates' province wide. There are no waiting lists. A hardcopy information folder was provided.

3. Presentation on Bridges – Elaine Weir-public health nurse

The framework for this service comes from Ruby Payne, an educator from Ohio, whose philosophy is that those who are in poverty have challenges unknown and not understood by the middle class or wealthy. In her presentation Elaine brought us some understanding of the culture of poverty. The Bridges program endeavors to help people stop the cycle of poverty. Allies (volunteers) work with Circle Leaders (those examining their lives to get a new future). There is training available for those who would like to become Allies. The Bridges program is supported by many community partners called The Guiding Coalition. More information is available on this website:

<http://www.wdpublichealth.ca/?q=circles>

4. Guelph Drug TX Court update – DTC

There are currently 4 clients in the programs, with two waiting to get into the program. This is small number compared with the Kitchener drug court which can take up to 10 individuals at a time. The program started in Guelph 18 months ago and has developed good community partners. Changes have taken place, particularly noticed is the attitudes of those working in the criminal justice system, so we know program is working.

5. Vicarious Trauma Presentation – Linda Bender-CMHAWWD

Sharon noted the reason for a presentation on this topic arose from a former discussion identifying that management staff needs to be aware of vicarious trauma.

The Community Development and Education Services of CMHA WWD offers workshops on how to deal with vicarious trauma encountered during your work day. Vicarious trauma is sometimes

referred to as “sliming” that is pouring your feelings all out on another person. Using a Power Point presentation Linda showed us the profound impact this trauma might have on individuals.

Some signs to watch for:	Further dangers lies in the professional impacts such as:
<ul style="list-style-type: none"> • becoming cold/not caring anymore • sleep disturbances, nightmares • irritability and intolerance • unable to relax/hyper-arousal • difficulty concentrating, feeling numb or “trance like” • flashbacks of painful thoughts • sense of life meaning altered <p>Linda noted the need to address the stress, adding “it is an ethical imperative that this gets look after by self-care, nurturing activities and distractions”.</p>	<ul style="list-style-type: none"> • decrease in confidence • setting perfectionist standards • apathy/demoralization • changes in relationships • increased conflict a work • absenteeism/presenteeism • spending more time at work
To transform despair:	Organizational support-elements for effective support:
<ul style="list-style-type: none"> • infuse meaning into your current activities • challenge negative beliefs and assumption-like cynicism, despair, hopelessness, bitterness • participate in community-building activities 	<ul style="list-style-type: none"> • normalize the reactions that workers will inevitably experience in hearing stories of trauma • provide a safe, understanding and non-punitive environment for sharing experiences • develop a framework and understanding process to deal with the effects and personal reaction
Organizational attributes:	
<ul style="list-style-type: none"> • stressors are accepted as real and legitimate • vicarious trauma is an organizational issue, not an individual problem • there is a tolerance for individual differences, support is expressed clearly 	

Sharon will look for Trauma Informed Tool Kit and share if located.

6. Budget and 2014 – 2015 Work plan – Sharon

- The committee was asked to reflect on what projects could be done in the next few months. Perhaps projects such as facilitating a lunch and learn in the same format as what we presented to the OPP; could also hold lunch and learn in mental health court on what we all do.

7. Agencies/Court Updates- All

- None at this meeting

8. New Business

- None at this meeting

Please Note: Lunch is provided for all meetings. For catering purposes, if you plan to attend, please e-mail Sharon Deally-Grzybowski at sgrzybowski@cmhawwd.ca your confirmation or regrets and agenda topics.

Next Meeting: September 25, 2014 at 12:30 p.m. at Orchard Park.